TOP MEDICINAL HERBS



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At

Faiz Ghar, 126-F, Model Town, Lahore

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1. Garlic (Lehsan)



Benefits

- Anthelmintic
- Anti rheumatic
- Anti cholestrolemic
- Anti diabetic
- Blood purifier
- Carminative
- Disinfectant

2. Cumin / Caraway (Zeera)

Benefits

- Anthelmintic
- Anti-diarrhoeal
- Ant-dyspeptic
- Anti-flatulant
- Astringent
- Diuretic
- Stomach aid



3. Onion (Piaz)



Benefits

- Anti ulcerative
- Anti septic
- Aphrodisiac
- Diuretic
- Hypoglycemic
- Expectorant
- Digestive



4. Aloe Vera (Kuar Gandal)

<u>Benefits</u>

- Anthelmintic
- Laxative
- Skin aid, sun blocker
- Stomach tonic
- Immune enhancer
- Anti diabetic
- Resolvent







5. Cinnamon (Darchini)

Benefits

- Anti-septic
- Anti-spasmodic
- Aphrodisiac
- Aromatic
- Astringent
- Carminative
- Stimulant



6. Bael Fruit (Bail gari)



Benefits

- Anti constipative
- Anti diabetic
- Anti dysenteric
- Anti pyretic
- Astringent
- Brain tonic
- Cardiac tonic



7. Cardamom (Illaichi)

Benefits

- Appetizer
- Aromatic
- Astringent
- Carminative
- Diuretic
- Exhilarant



8. Honey (Shehad)



Benefits

- Anti septic
- Astringent
- Mild laxative
- Nutritive
- Detersive

9. Betel Nut (Supari)



Benefits

- Anthelmintic
- Astringent
- Bronchial constrictive
- Gastric stimulant
- Masticator
- Resolvent



10. Asparagus (Sufaid Musli)

Benefits

- Anti diarrhoea
- Anti dysentery
- Anti spasmodic
- Aphrodisiac
- Nutritive
- Diuretic



11. Belladonna (Makkoh)

Benefits

- Anti-inflammatory
- Anti-diaphoretic
- Anti-spasmodic
- Cardiac tonic
- Diuretic
- Sedative



12. Mustard (Rai)

Benefits

- Appetizer
- Decongestant
- Digestive
- Irritant
- Laxative
- Resolvent



13. Chili (Surkh Mirch)

Benefits

- Anti-constipative
- Aphrodisiac
- Cardiac tonic
- Carminative
- Counter irritant
- Stomach aid



14. Chicory / Endive (Kasni)

Benefits

- Alterative
- Blood purifier
- Cooling
- Diuretic
- Sedative
- Resolvent



15. Lemon (Limun)

Benefits

- Carminative
- Immune enhancer
- Aromatic
- Hepato-protective
- Stimulant
- Diuretic



16. Turmeric (Haldi)

Benefits

- Alterative
- Analgesic
- Anti-inflammatory
- Anti-septic
- Blood purifier
- Vasodilator
- Expectorant



17. Ginger (Adrak)

Benefits

- Gastric aid
- Anti-depressant
- Anti-cancer
- Blood thinner
- Anti-arthritis
- Anti-diabetic cataract



18. Licorice (Mallathi)

<u>Benefits</u>

- Anti-spasmodic cough
- Anti-cancer
- Anti-mouth ulcer
- Anti-peptic ulcer





19. Ginseng

Benefits

- Adaptive
- Radio-protective
- Promising supplement
- Anti-inflammatory
- Anti-cancer
- Sex stimulant
- Anti-aging



20. Fennel (Saunf)

Benefits

- Carminative
- Purgative
- Anti-colic
- Diuretic
- Anti-hypertension
- Breast milk aid



21. Hyssop (Ajwain)

Benefits

- Digestive aid
- Cleansing effect
- Arromatic







22. Coriander (Dhania)

Benefits

- Anti-oxidant
- Anti-bacterial
- Diuretic
- Carminative
- Anti-tension
- Cholesterol lowering





23. Clove (Long)

<u>Benefits</u>

- Carminative
- Dentistry aid
- Peristaltic aid
- Anthelmintic
- Anti-hiccough
- Skin tonic
- Muscle toner



24. Black Pepper (Kali Mirch)

Benefits





25. Milk Thistle (Ont Katara)



Benefits





26. Boarg (Gaozaban)

Benefits





27. Violet (Banafsha)

Benefits





28. Basel (Tulsi)

Benefits





29. (Manaqqa)

Benefits





30. Fig (Anjeer)

Benefits



31. Olive (Zaitoon)



Benefits





32. Almond (Badam)

Benefits





33. Dry Ginger (Soonth)

Benefits





34. (Kalonji)

Benefits



35. Ephedra (Soum Kalpa)

<u>Benefits</u>









36. Ginko Biloba

Benefits





37. (Lasoori)

Benefits





38. (Jaifal)

Benefits





39. (Javatri)

Benefits





40. Mint (Podina)

Benefits

